

I eat my A,B,C's
because vitamins help me

GROW!

Vitamins are important for you to grow. Your body needs a certain amount of vitamins each and every day. They can be found in the food you eat.

Vitamin

A

Helps me see.



Gives me energy.



Vitamin

B

Vitamin

C

Helps me stay healthy.



Makes my bones strong.



Vitamin

D

Vitamin

E

Feeds my brain.



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Keep track of what you eat. Each time you eat or drink one of the items below make a check mark in the box next to it. See how many vitamins you can check off by the end of the week.

Vitamin A Helps me see.

peaches spinach
 squash milk
 eggs carrots

Vitamin B Gives me energy.

beans apple
 chicken cheese meat
 banana

Vitamin C Helps me from getting sick.

orange
 sweet potato strawberries kiwi
 pepper tomato

Vitamin D Makes my bones strong.

cereal milk
 salmon tuna cheese

Vitamin E Makes me smart.

eggs broccoli
 butternut squash avocado
 nuts mango

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Today, I ate foods that nourished my body with vitamins.

Directions: In each box, draw a picture of the foods that were served. Circle each vitamin that your meal contained, example, orange slices - circle C.

Vitamin Log Here is what I ate and the vitamins it has to help me grow.

Breakfast

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin E

AM Snack

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin E

Lunch

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin E

PM Snack

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin E

Supper

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin E